

10. (twice amended) An adhesive band to permanently bind loose sheets comprising a releasable silicone material support, having a substantially elongated shape alternately providing on one side portions provided with cold activated glue and shorter portions without glue.

## Please add the following new claims:

19\ (new) A method for irreversibly binding sheets together, comprising:

Sulv Day along at leas

(i) superimposing a plurality of sheets, each having an adhesive strip along at least one of its edges and a silicone material band, releasably placed on said adhesive strip and having a portion uncoupled to the adhesive strip and extending beyond the sheet, such that the adhesive strips of successive sheets are superimposed;

(ii) grasping the uncoupled portion of the silicone bands extending from the successive sheets; and

(iii) pulling the uncoupled portion of the silicone bands so as to remove the silicone bands and uncover the adhesive strips, thereby binding successive sheets together.

20. (new) The method of claim 19, further comprising binding the plurality of sheets to at least one sheet that does not have an adhesive strip.

21. (new) The method of claim 19, wherein the sheets to be bound include a binding cover.

Y.